



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09274, Pineapple juice, frozen concentrate, unsweetened, undiluted

Report Date: June 30, 2017 21:10 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 can (6 fl oz) 216g
Proximates					
Water	g	53.10	--	--	114.70
Energy	kcal	179	--	--	387
Energy	kJ	749	--	--	1618
Protein	g	1.30	--	--	2.81
Total lipid (fat)	g	0.10	--	--	0.22
Ash	g	1.20	--	--	2.59
Carbohydrate, by difference	g	44.30	--	--	95.69
Fiber, total dietary	g	0.7	--	--	1.5
Sugars, total	g	43.60	--	--	94.18
Minerals					
Calcium, Ca	mg	39	--	--	84
Iron, Fe	mg	0.90	--	--	1.94
Magnesium, Mg	mg	35	--	--	76
Phosphorus, P	mg	28	--	--	60
Potassium, K	mg	472	--	--	1020
Sodium, Na	mg	3	--	--	6
Zinc, Zn	mg	0.40	--	--	0.86
Copper, Cu	mg	0.313	--	--	0.676
Manganese, Mn	mg	3.439	--	--	7.428
Selenium, Se	µg	0.4	--	--	0.9
Vitamins					
Vitamin C, total ascorbic acid	mg	42.0	--	--	90.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 can (6 fl oz) 216g
Thiamin	mg	0.230	--	--	0.497
Riboflavin	mg	0.060	--	--	0.130
Niacin	mg	0.900	--	--	1.944
Pantothenic acid	mg	0.430	--	--	0.929
Vitamin B-6	mg	0.255	--	--	0.551
Folate, total	µg	37	--	--	80
Folic acid	µg	0	--	--	0
Folate, food	µg	37	--	--	80
Folate, DFE	µg	37	--	--	80
Choline, total	mg	11.6	--	--	25.1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	3	--	--	6
Retinol	µg	0	--	--	0
Carotene, beta	µg	30	--	--	65
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	50	--	--	108
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.06
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.0	--	--	2.2
Lipids					
Fatty acids, total saturated	g	0.007	--	--	0.015
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 can (6 fl oz) 216g
16:0	g	0.004	--	--	0.009
18:0	g	0.003	--	--	0.006
Fatty acids, total monounsaturated	g	0.012	--	--	0.026
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.011	--	--	0.024
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.035	--	--	0.076
18:2 undifferentiated	g	0.020	--	--	0.043
18:3 undifferentiated	g	0.015	--	--	0.032
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0